

ABC DIET TRACKER

www.myproana.com

Week 1. Date:

	Allowed	Actual	Comments
Mon	500		
Tue	500		
Wed	300		
Thu	400		
Fri	100		
Sat	200		
Sun	300		

Week 2. Date:

	Allowed	Actual	Comments
Mon	400		
Tue	500		
Wed	FAST		
Thu	150		
Fri	200		
Sat	400		
Sun	350		

Week 3. Date:

	Allowed	Actual	Comments
Mon	250		
Tue	200		
Wed	FAST		
Thu	200		
Fri	100		
Sat	FAST		
Sun	300		

Week 4. Date:

	Allowed	Actual	Comments
Mon	250		
Tue	200		
Wed	150		
Thu	100		
Fri	50		
Sat	100		
Sun	200		

Week 5. Date:

	Allowed	Actual	Comments
Mon	200		
Tue	300		
Wed	800		
Thu	FAST		
Fri	250		
Sat	350		
Sun	450		

Week 6. Date:

	Allowed	Actual	Comments
Mon	FAST		
Tue	500		
Wed	450		
Thu	400		
Fri	350		
Sat	300		
Sun	250		

Week 7. Date:

	Allowed	Actual	Comments
Mon	200		
Tue	200		
Wed	250		
Thu	200		
Fri	300		
Sat	200		
Sun	150		

Week 8. Date:

	Allowed	Actual	Comments
Mon	FAST		
Tue	Diet Completed		
Wed			
Thu			
Fri			
Sat			
Sun			

ALL DIETS HAVE RISKS AND YOU SHOULD ALWAYS CONSULT A DOCTOR BEFORE EMBARKING ON A DIET, ESPECIALLY ONE AS CALORIE RESTRICTIVE AS THE ABC DIET. GET THIS SHEET AT WWW.MYPROANA.COM